

AMENDMENTS TO THE CLAIMS

1-15. (Canceled).

16. (Currently Amended) The method according to claim 23
~~claim—8~~, wherein the composition is a food composition or a
pharmaceutical composition.

17. (Currently Amended) The method according to claim 23
~~claim—8~~, wherein the composition further comprises a mineral.

18. (Previously Presented) The method according to claim 17,
wherein the mineral is one or more selected from the group
consisting of iron, magnesium, copper, zinc, selenium, calcium,
potassium, manganese, chromium, iodine, molybdenum, nickel,
vanadium, and salts thereof.

19-22. (Canceled).

23. (Currently Amended) A method for treating an individual in
need of suppressing or ameliorating one or more symptoms
accompanying diminished homeostasis associated with premenstrual
syndrome, comprising:

administering a therapeutically effective amount of a composition comprising isolated theanine to the individual in need thereof, wherein said one or more symptoms are selected from the group consisting of sleepiness, fatigability, stiff breasts, painful breasts, likelihood to have acne, chapped skin, bad spread of cosmetics, increased vaginal discharge, inability to take smooth body action, allergic symptoms, headache, head stuffiness, stiff shoulders, vertigo, limb coldness, abdominal pain, lower abdominal pain, lower abdominal stiffness, lumbago, swelling, thirst, constipation, diarrhea, food preference change, spiritlessness, aggressiveness, faintheartedness, maudlinness, solitariness, loneliness, psychological lift, increased sexual desire, ~~autism~~, mysophobia, inability to manage one's health, repugnance to menstruation, repugnance to being female, craving to be alone and unsociableness.

24. (Currently Amended) A method for treating an individual in need of suppressing or ameliorating one or more symptoms accompanying diminished homeostasis associated with premenstrual syndrome, comprising:

administering a therapeutically effective amount of a composition comprising purified theanine to the individual in need thereof, wherein said one or more symptoms are selected from the

group consisting of sleepiness, fatigability, stiff breasts, painful breasts, likelihood to have acne, chapped skin, bad spread of cosmetics, increased vaginal discharge, inability to take smooth body action, allergic symptoms, headache, head stuffiness, stiff shoulders, vertigo, limb coldness, abdominal pain, lower abdominal pain, lower abdominal stiffness, lumbago, swelling, thirst, constipation, diarrhea, food preference change, spiritlessness, aggressiveness, faintheartedness, maudlinness, solitariness, loneliness, psychological lift, increased sexual desire, ~~autism~~, mysophobia, inability to manage one's health, repugnance to menstruation, repugnance to being female, craving to be alone and unsociableness.

25. (Previously Presented) The method according to claim 23, wherein the amount of administration of said isolated theanine is from 0.2 to 2,000 mg/kg·day.

26. (Previously Presented) The method according to claim 25, wherein the amount of administration of said isolated theanine is from 0.2 to 300 mg/kg·day.

27. (Currently Amended) The method according to claim 24

~~claim 8~~, wherein said purified ~~isolated~~ theanine is synthesized theanine.

28. (Previously Presented) The method according to claim 23, wherein said isolated theanine is synthesized theanine.

29. (Currently Amended) The method according to claim 24 ~~claim 8~~, wherein said purified ~~isolated~~ theanine is obtained by a fermentation method.

30. (Previously Presented) The method according to claim 23, wherein said isolated theanine is obtained by a fermentation method.

31. (Currently Amended) The method according to claim 24 ~~claim 8~~, wherein said purified ~~isolated~~ theanine is obtained by the steps comprising:

(a) contacting tea leaves with water to prepare extracts of tea leaves; and

(b) subjecting said extracts of tea leaves to a purification step.

32. (Previously Presented) The method according to claim 23, wherein said isolated theanine is obtained by the steps comprising:

(a) contacting tea leaves with water to prepare extracts of tea leaves; and

(b) subjecting said extracts of tea leaves to a purification step.

33. (New) The method according to claim 24, wherein the composition is a food composition or a pharmaceutical composition.

34. (New) The method according to claim 24, wherein the composition further comprises a mineral.

35. (New) The method according to claim 34, wherein the mineral is one or more selected from the group consisting of iron, magnesium, copper, zinc, selenium, calcium, potassium, manganese, chromium, iodine, molybdenum, nickel, vanadium, and salts thereof.

36. (New) The method according to claim 24, wherein the amount of administration of said purified theanine is from 0.2 to 2,000 mg/kg·day.

37. (New) The method according to claim 36, wherein the amount of administration of said purified theanine is from 0.2 to 300 mg/kg·day.